

Berkley Parks & Recreation



Yoga Classes

Yoga Blend (16 and up)

All levels welcome! Options for both beginners and experienced yogis offered. Come as you are! This is an alignment based class that focuses on breath. Build strength through establishing and holding poses that progress into a steady flow.

\$9 fee to Drop-In

Yoga Blend: \$43

5:30-6:20 pm

Tuesdays 6 weeks

beginning November 1st

Next Session begins in January 2017

Add \$5 for non-residents

Class will be cancelled if minimum enrollment of 4 participants is not reached

Instructor: Sara Ophoff



*Bring a Yoga mat to class

Register today at the Berkley Community Center
2400 Robina 248-658-3470 www.berkleymich.org